

Catholic Volunteer Network Workshop

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Conference Theme: Lead with Courage, Follow with Faith

Creating Spiritual Safe Places for Young Adults with Various Spiritual Backgrounds

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For faith-based volunteer programs it can be difficult to navigate creating a safe space for spiritual growth among volunteers who are in the midsts of such different spiritual journeys. Some volunteers come quite confident and drawn to the mission, while other volunteers come from different faith backgrounds or are quite unsure of what they believe. This workshop offers encouragement, tips, tools, language, and advice for all who work with young adults trying to figure out how to extend hospitality to volunteers who are in various places spiritually.



SOLARIUM CARDS (a pack of 50 photographs) can be a great tool for creating analogy and discussion (\$12 at <https://crustore.org/soularium2-1507.html>)

For more resources like these or to adapt these resources for your context please contact Kimberly at kimberlywilliamsmalone@gmail.com

The ESSV Bible
(Extra Super Simplified Version)
by Kimberly Malone

There is a lot that happens in the story of the people of God. The Bible is not written in chronological order, so sometimes it is hard to figure out the order of events. Here is a quick guide for understanding what is happening throughout the Bible.

CREATION

FALL

FLOOD

BABEL

PROMISE

PATRIARCHS (around 2000 BC)

EGYPT

TRIBES

EXODUS (around 1500 BC)

DESERT

--LAW

--TABERNACLE

CONQUEST (around 1300 BC)

JUDGES

KINGS

TEMPLE

DIVISION

PROPHETS

EXILE

RETURN

Old Testament

New Testament

--BIRTH

--DISCIPLES

--BAPTISM

--MINISTRY

--DEATH (30AD)

--RESURRECTION

PENTECOST

CHURCH

PERSECUTION

MISSIONARY

LETTERS

KINGDOM COME

For a full version of this resource please contact Kimberly at kimberlywilliamsmalone@gmail.com

For another resource check out: <https://holyunfamiliar.wordpress.com/>

Creative Ways to Pray

By Kimberly Malone - kimberlywilliamsmalone@gmail.com

Here are some ideas of creative prayer to get you thinking...

- **Pray Exercise:** Choose a short prayer, a scripture verse, or just a word to focus on as you run/swim/yoga/exercise (e.g. "I am your son/daughter whom you love, with me you are well pleased," or "Lord, Jesus Christ, have mercy on me")
- **Guide your Dreams:** Right before you go to bed read a chapter from a book such as Walter Wangrine's *The Book of God* (the Bible in a novel format)
- **Pause:** Set a timer for 5 minutes and see how long you can think about God during that time
- **Sing your Dinner Prayers:** Make up simple prayers to the tune of familiar children's songs
- **Draw a picture:** Give yourself a prompt like, "how did I experience God when I was <choose an age>?" or "where is a place that feels sacred to me?" and draw your response
- **Bible Read-a-Thon:** See how many books of the Bible you can read through in a weekend
- **Spiritual Direction:** Once a month meet with a spiritual director to discern who God is to you right now in your life
- **Discernment Meeting:** If you are at a crossroads in your life ask some of your closest friends to get together in order to pray for you. As a group see if you can identify what God has been doing in your life lately and what direction you could go to encourage that growth
- **One Verse:** Pick one passage of scripture in order to get to know it really well. For example 1 Corinthians 13 for a whole year. Listen to a recording of the passage, break it down into weekly challenges, memorize it, read commentaries about the passage, etc.
- **Walk a Labyrinth:** Prayerfully walk through this maze. To find one near you go to: labyrinthlocator.com
- **Bible in a Year:** Using either a year-long Bible or even a Bible App challenge yourself to read for just 15 minutes a day to get through the whole thing. There are versions with daily passages from the Old Testament, New Testament, Psalms/Proverbs or there are chronological versions (but be forewarned, if you choose a chronological version you won't get to the New Testament for about 9 months!)
- **Holy Spot:** Create a sacred space in your home. Designate a certain chair or corner of your home as the place where you go to pray
- **Explore a New Spiritual Discipline:** Pick up a book like Richard Foster's *Celebration of Disciplines* or Adele Calhoun's *Spiritual Disciplines Handbook* and find a new spiritual discipline to practice. For example try fasting, solitude, or simplicity
- **Gratitude Journal:** Write down three good things that happened to you everyday for a week/month.
- **Designate a "God Bank Account":** Set aside money each month to use for things that you think would please God
- **Write a letter of encouragement:** You could email or mail your letter right away or store them up to give them to the person all at once
- **Go on a date with God:** Go to the movies and try to imagine Jesus' reaction if he was sitting right next to you, find an activity that brings you delight, go out to eat and savor your food
- **Read a book on prayer** For example, *Beginning Prayer* by John Killinger. Choose an approach from the book and practice it for a week, describe in your journal what you learned from praying in this way
- **Pray in silence:** Try praying in silence for five minutes every day for a week
- **Pray with music:** Play some music that articulates the mood your feeling as a way to share with God
- **Prayer in motion:** Act, dance, or draw a prayer
- **Pray in creation:** Take a walk. Plan to watch the sun rise or set and meditate on its beauty

- **Pray with your body:** Put your hand on your heart and listen to your heartbeat in your body, see if you can match your prayer to the cadence of your heartbeat
- **Practice intercessory prayer:** Prayer for others and their situations. Make a list, a collection of photographs, or a small flip chart as a reminder of what to pray about
- **Really worship in church:** Get there early, sit by yourself, go to the altar. Do something new that may enhance your worship
- **Participate in a protest:** What is a current issue that seeks to bring about God's justice?
- **Bible Podcast:** Listen to the audio Bible
- **Prayer walk.** Take a stroll around your neighborhood and see if you can pray for what you see around you. Pray for the people who come across your path.
- **Sacred Work:** Do your work with a willing heart, do more than is required
- **Sacred Chores:** Choose a chore that you need to do and turn it into a special offering of worship to God
- **Pray Naked:** Say a prayer in the shower and see if it feels any different to come before God in this way
- **Annual Resolution:** Prayerfully set an intention for the year and choose practices that will encourage that intention
- **Children's Bible:** Read through a children's Bible in one setting, or listen to the audio version (e.g. *The Jesus Storybook Bible*)
- **Massage Prayer:** Get a massage and as the masseuse works on different parts of your body offer a prayer of thanksgiving for that part
- **Destination Prayer:** Choose a location that you pass regularly on your day and use it as a reminder to pray
- **Medication Reminder:** Think of taking your medication as a spiritual practice, where you relinquish control back to God

Seek to trying to identify is a rhythm or practice that will help you pause, listen, remember your belovedness, cause you to delight, help you focus on God, or create a sacred reminder in your day.

? Is there something about God that you are curious to learn more about or something that you sense that God is calling you to grow in that you can identify? As clearly as you can state your intention:

? How long or how often are you able/willing to set aside time for this prayer experiment?

? Can you identify a practice or a commitment that would encourage/support the intention you have identified?

Rising Hope - Spiritual Formation
Sing Sing Correctional Facility
Spring 2018

Instructor: Kimberly Williams Malone, MA

Texts:

selections: Foster, Richard J. *Streams of Living Water: Celebrating the Great Traditions of Christian Faith*. New York: Harper Collins, 1998.

selections: Hagberg, Janet O. and Robert A. Guelich. *The Critical Journey: Stages in the Life of Faith*. Second Edition. Salem: Sheffield Publishing Company, 2005.

Dalai Lama, Desmond Tutu, and Douglas Abrams. *The Book of Joy: Lasting Happiness in a Changing World*. New York: Avery, 2016.

Leonardini, Ray. *Finding God Within: Contemplative Prayer for Prisoners*. Brooklyn: Lantern Books, 2016.

Nouwen, Henri. *The Return of the Prodigal Son: A Story of Homecoming*. New York: Doubleday, 1992.

Course Description

Spirituality, in the English language, is a relatively new concept and while many associate it with religion it is much more universal. Ronald Rolheiser says, "Spirituality is more about whether or not we can sleep at night than about whether or not we go to church." This course will use Christian perspectives and models of spiritual growth in order to build a framework to explore how people experience spiritual growth. This will enable students to recognize their own personal spiritual journey as well as enable them to empathize, respect, and encourage others in their spiritual growth.

By looking at models of spiritual formation and growth, six traditions of faith expression in the Christian faith, and the writings of great spiritual teachers, as well as exploring and experiencing meditation and various spiritual disciplines and practices students will develop a greater vocabulary and understanding for describing their own spiritual experience and in helping others in their spiritual formation and growth.

Primary Objectives

1. Develop a deeper understanding of different ways spirituality can be expressed
2. Understand the spiritual journeys and reflections of three well respected spiritual leaders from different spiritual backgrounds
3. Explore and experience various spiritual disciplines and practices from different traditions in order to develop a larger vocabulary for spiritual growth
4. Study and evaluate various models of spiritual formation and reflect on their own experience in order to formulate their own philosophy and pattern of spiritual growth, which they will be asked to share at the completion of the course.

Note: While most of the perspectives in this course will be presented from a Protestant Christian worldview, and Catholic and Buddhist perspectives will be also included, students of all faiths and those without a faith background are welcome. Respect for one another's views is of primary importance.

Examples of Assignments

- **Write:** What is the state of your soul in prison? Take some time to reflect on your prison experience -- what is the state of your soul? How has being in prison impacted your spiritual life?
- **Draw:** Spiritual Timeline: From birth to now draw a picture of the highs and lows of your spiritual journey. Write up what you have learned looking back on your spiritual journey so far.

SPIRITUAL VIRTUES IN PRISON

What could joy, generosity, forgiveness, compassion, humility, and/or grieving look like in an authentic way in prison? Write at least 3 pages deeply reflecting on one of these virtues. This is your opportunity to translate what Henri Nouwen, the Dalai Lama, and Archbishop Desmond Tutu describe into your current context. Things you might include: how to tell the difference between an authentic/inauthentic expression of this virtue, examples of what this virtue could look like, obstacles to expressing this virtue in prison, etc.

Four **cardinal virtues** were recognized in [classical antiquity](#) and in traditional [Christian theology](#):

- [Prudence](#) (Wisdom) the ability to discern the appropriate course of action to be taken in a given situation at the appropriate time.
- [Courage](#) (Fortitude) strength, endurance, and the ability to confront fear, uncertainty, and intimidation
- [Temperance](#) (Restraint) the practice of self-control, abstinence, discretion, and moderation
- [Justice](#) (Fairness) the most extensive and most important virtue;^[1] the Greek word also having the meaning righteousness